

THE MACMILLAN HORIZON CENTRE

Cancer support for Sussex

January
2019
Activities
Schedule

Happy New Year!

We're back running a full schedule of activities and therapies from Wednesday 2nd January. We hope you find something to interest you in our schedule, but we always welcome feedback on what you'd like more of. You can drop us a line on email at horizoncentre@macmillan.org.uk Or leave a message for Siobhan at Reception.

Body Image Services:

BOOTS- FEEL MORE LIKE YOU



Macmillan Beauty Advisors are trained to offer make-up tips to help you manage the visible side effects of treatment like losing eye lashes and eye brows, as well as some great skin care tips.

Our next Feel More Like You session is on **Monday 21st January** from 10 am to 1 pm. Booking is necessary, so just contact us to reserve your space.

Look Good Feel Better



These sessions are open to all women with a cancer diagnosis from point of diagnosis, up to a year after treatment has been completed. Each woman is given a gorgeous Look Good Feel Better gift bag of full-size skincare and make-up products from a variety of High Street cosmetic brands that support the charity.

The next session in **Brighton** is on **Tuesday 29th January 2019** at the Park Centre for Breast Care, a **9.30am arrival for a 10 am to 12 noon session.**

To make a booking, please call 01273 696955 Ext: 4799



The session in **Chichester** is on **Monday 25th February**. It's a **9.30 arrival for a 10 – 12.30pm group** and to make a booking please call 01243 831727

The session in **Worthing** is on **Monday 21st January 9.30am arrival for a 10 am**

to 12 noon session. To make a booking please call 01903 285132

For other sessions in Sussex please follow the link: www.lgfb.co.uk

Trendco- hair loss group session



Independent of what stage of your hair loss you have, Trendco is here to help. We offer a group session about hair loss before, during and after your cancer treatment which includes:

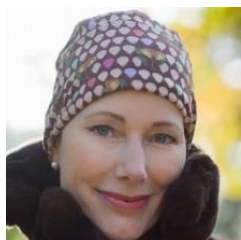
- How to get an NHS wig prescription
- Ready to wear samples of wigs and other headwear
- Brochures of styles and colour samples

Get expert hair loss advice from Trendco at our next session on **Tuesday 15th January from 10 am to 4 pm** at the Macmillan Horizon Centre.

Booking necessary so please call the Centre on 01273 468770 or email horizoncentre@macmillan.org.uk



On Friday 11th January from 2-4 pm, we have Claire from Chemo Headwear in the Centre for a workshop to teach different ways of tying headscarves.



there will be a huge selection of ready-tied headscarves, turbans, beanies & hats in different colours & prints to try on & see what suits you. You can also bring your own scarves!

www.chemoheadwear.co.uk

For more information and to book your space, please contact the Horizon Centre.

Booking necessary

NEW - hairdressing appointments from February

Our expert volunteer stylists can offer haircuts, help and advice on how best to style and care for your hair through and after treatment. We are taking bookings for appointments for haircuts and restyles on **Wednesday 6th February** and **Wednesday 13th February**. Please contact us to find out more and book your slot. Call 01273 468770 or email horizoncentre@macmillan.org.uk



Physical Activity:



Albion in the Community

Brighter Outlook - offers

one-to-one physical activity support through and after cancer.

Staying active during and post cancer treatment can offer a host of benefits, from boosting your mood to maintaining strength and reducing fatigue. If you live in Brighton and Hove, Brighter Outlook offers free, specialist support to help you get and stay active – whatever your previous level of activity – with classes across the city. It's brought to you by Albion in the Community, funded by Brighton and Hove CCG and supported by Macmillan.



Check out the website for more information

www.brighteroutlook.org.uk , email brighteroutlook@albioninthecommunity.org.uk or call the team on 01273 668591.

Move More Sussex - if you live outside of Brighton and would welcome some support in getting active, the coaches at Albion in the Community, via Move More Sussex, offer free advice, support and signposting to groups and classes across the county and at the Horizon Centre. Call 01273 668591 or email movemore@albioninthecommunity.org.uk



The Horizon Centre, together with Brighton & Hove **Healthwalks** run a friendly weekly health walk from the Horizon Centre, which restarts in January on **Friday 4th January at 11.30 AM**. The walk is a leisurely 55 minutes, covering about 1.5 miles and taking in some of the sights of Kemp Town – including some of the many blue plaque buildings nearby. Just

turn up on a Friday and look out for our Healthwalk volunteer or ask at reception.

Gentle Yoga Workshop

Join us on **Tuesday January 22nd 1 – 3pm** for a yoga workshop with Hannah. A mix of very gentle yoga, meditation and breathwork, the group is suitable for all and an ideal introduction to yoga. Please contact us to find out more and secure your place. Call 01273 468770 or email

horizoncentre@macmillan.org.uk

Eat Well Feel Better:

We will be running the next cooking skills course on **Tuesday mornings from 10:30-13:00** over 3 weeks. This will be a chance to build cooking skills and the confidence to eat well and feel better.

29th January, 5th February, 12th February

The cooking skills course will include an introduction and overview to build on existing knowledge about healthy eating and sessions on:

Our 3-part cookery workshops cover the following themes

- **Breakfast boost** - a cooking workshop to learn how to make granola, ways to cook eggs, breakfast smoothies and lots more.
- **Eat a rainbow** - a chance to learn how to make soups, salads, dips and other delicious dishes.
- **Protein positive** dishes looking at sources of healthy protein, concentrating on alternatives to red meat.

To find out more please contact the Horizon Centre or email:

ewinder@macmillan.org.uk

Get togethers:



Social coffee morning – our coffee morning is a chance to pop- in, find out about the

centre and chat to others in a relaxed and friendly setting. Cake optional!

Join us next on **Thursday 17th January** from 10-11.30 am in the Horizon Centre lounge.



Brighton Carers Hub- Are you

looking after someone affected by cancer? Then come and speak to one of the support workers about your needs on **Monday 14th January** and **Thursday 31st January**
<https://carershub.co.uk/>



These popular Mindfulness drop-in sessions re-start **Friday 11th January** at a **new time of 1 – 2pm**.

No need to book! Just turn up and take part.

Support Group Meetings at the Horizon Centre:

You can drop in on the group, contact the Horizon Centre or the group directly if you would like to attend or find out more information.

Beat Bladder Cancer Together, the bladder cancer support group runs every second Wednesday alternate months, with the next group running Wednesday 9th January, 6.45 – 8pm

Breast Cancer Support Group
The first meeting in 2019 is Monday February 18th 6.15-8.15 pm (Reception)

Brighton BRCA Support Group
Thursday Feb 7th, from 6:30-8:45 pm (Horizon View)

If you would like to join a meeting please e-mail:
brcabrighton@gmail.com

Brightsparks Brain Tumour Support Group
Next meeting Thursday January 10th from 6.30-8.30 pm (Reception)

Head and Neck Drop In
Wednesday January 2nd and Wednesday February 6th 5.00-7.00 pm (Reception)

ICU Steps – runs on Tuesdays every 6 weeks, with the next meeting on February 19th

Leukaemia Support Group – Usually every third Wednesday every other month, but the next meeting is on Thursday January 24th 7 – 9pm

Lymphoedema Support group runs once every two months, with the first in 2019 on Thursday January 24th 7 – 9pm

PCaSO Prostate Cancer Support- next meet here on Wednesday 6th March 7 – 9pm

Sisters Abreast (breast cancer support group for women under 45)
Monday January 7th from 6.30-8 pm (Horizon View)

The Head and Neck Cancer Support Group (Thancs), is next running on Friday February 15th from 4-6 pm (Horizon View)

You can find other support groups on this link:
www.macmillan.org.uk/in-your-area

In addition to these scheduled activities we provide:

- an information drop-in service
- counselling and psychological therapies
- a friendly cafe
- complementary therapies
- welfare benefits and money advice



horizoncentre@macmillan.org.uk



01273 468770



www.macmillan.org.uk/horizoncentre



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